

MINDSET MATTERS

Issue 1, 2016

Welcome to Mindset's first newsletter. It's been long overdue, so we are pleased to finally be able to bring it to you. The intent is to hopefully bring forth some useful information about the mind and body, as well as provide some practical healthy lifestyle tips, recipes, stories, and perhaps even an inspirational quote, all while keeping you up to date on anything new happening in the center. As always, we welcome your feedback with this, as well as anything else we do here...because really, it's about you, for you...which is really just the way we want it.



Current Classes

Monday Evenings @ 6:15pm

Cardio Tone

Tuesday Mornings @ 9:30am

Morning Core Yoga

Thursday Evenings @ 6:15pm

Stretch & Tone

FITNESS CAN HAPPEN AT ANY AGE!



"People have the misconception that age makes you old, but I realized that it's a state of mind that makes you old. "

- Sonny Bryant

Suggestions for Overcoming Insomnia

- ✓ Wake up at the same time every day to train your body to wake at a consistent time, even on the weekends.
- ✓ Limit naps, it's important to establish and maintain a normal sleep pattern.
- ✓ Eliminate nicotine, caffeine, alcohol and other stimulants, especially after 3pm.
- ✓ Regular exercise can improve sleep quality and duration.
- ✓ Limit activities in bed to sex and sleeping.
- ✓ Don't eat or drink a heavy meal before bed it can activate the digestive system and keep you awake.
- ✓ Make your sleep environment comfortable to you.
- ✓ Decorate your room in cool colors (blues, grays, etc.). Bright colors (yellows, oranges, reds, etc.) encourage alertness.
- ✓ Use stress reduction methods, relaxation therapies, or hypnosis to relax the mind and body before bed.
- ✓ Don't read from a back lit device (phone, iPod, iPad, etc.)
- ✓ Take a warm bath before bed.
- ✓ Listen to soft, soothing music before bed.
- ✓ Take your calcium supplement at bedtime (it's a skeletal relaxant).
- ✓ Try taking melatonin about 1 hour before bed (only 3 mg).
- ✓ Valerian Root is a natural muscle relaxant that works for some people.
- ✓ Learn how to 'quiet' your mind, by training it to stop thinking once you are in bed. (Hypnosis helps with this.)
- ✓ Ask Dr. Kaylan to put "delta" binaural beats in your hypnosis recordings (the brain sleeps in delta).

If you need more help, Mindset has a sleeping CD/MP3 for \$35 which has an approximate 70% success rate all on its own. If you need more intense and/or specific help, Hypnosis programs at Mindset are \$440, and have a success rate of 95%. Still, it's worthwhile to try the above methods first to see if they can help you get your ZZZZZZs.

New DeepVision Glasses

We now offer our new DeepVision eyes-open glasses in our light and sound room and will be alternating between our traditional glasses and new deep vision glasses each week.

The traditional glasses use colored LED lights to illuminate the mind behind **closed eyelids**. With the DeepVision glasses your entire field of view is filled with pure colors and dancing patterns. These are designed to use with your **eyes OPEN or closed**.

We are excited to introduce these to you and hope you have a chance to stop by for the new experience.



SEASONAL RECIPES

It's that picnic and backyard BBQ time of year and potato salad seems to be a frequent guest. Unfortunately, a typical serving of traditional potato salad contains almost a day's worth of fat with very little nutritional ummmpphh. These versions are lower in calories, way lower in fat, and are more nutrient (and even protein) dense, making potato salad make sense.

Chipotle Potato Salad

½ red bell pepper, diced
2 green onions, finely sliced
1 Tbsp fresh parsley, chopped
½ cup reduced-fat mayonnaise
2 - 4 chipotle chilies in adobo sauce, diced
4 slices turkey bacon, cooked very crisp and crumbled, reserve 1 tablespoon for garnish
1 (15 oz) can black beans, rinsed and drained
3 hard boiled eggs, diced
4 medium red potatoes, diced, cooked, and cooled
¼ tsp pepper
½ tsp salt

Put all ingredients in a large bowl and mix well. Cover and refrigerate until ready. Before serving, top with reserved bacon bits.

6 servings, each serving has 216 calories, 8g fat, 36g carbohydrate, 12g protein, 7g fiber

Tuna Potato Salad

½ cup reduced fat mayonnaise
¼ tsp salt
¼ tsp pepper
2 large potatoes, peeled, boiled, cubed, and cooled
½ cup frozen corn, thawed
1 (6 oz) can chunk tuna in water, drained
1 stalk celery, sliced
1 small onion, chopped
⅓ cup sliced pitted Kalamata olives
¼ tsp dried dill

Combine all ingredients in large bowl. Gently stir to combine.

6 servings, each serving has 144 calories, 5g fat, 17g carbohydrate, 9g protein, 2g fiber

Potato & Veggie Salad

This is a great alternative to a traditional picnic potato salad.

1 lb. red potatoes, cut into cubes
1 carrot, shredded
1 green pepper, diced
2 eggs, hardboiled and chopped
2 tsp basil
½ tsp salt
¼ cup reduced fat mayonnaise

Cook potatoes in boiling water until just tender. Drain, and cool completely. When potatoes are cool, mix all ingredients in a bowl. Cover and refrigerate until ready to serve.

6 servings, each serving has 140 calories, 5g fat, 19g carbohydrate, 4g protein, 2g fiber